

CHILDREN'S BJJ & NO GI RULES

Double Elimination for BJJ, Single Elimination for No Gi

Divisions will be separated by age and weight class.

Children 4-5 years old - will compete in a grappling game.

4 year olds

5 year olds

The Game will consist of two 60 second rounds. One child will start on their back, the other inside the guard. The objective is for the bottom player to stand up, get on top or take the back and for the top player to pass the guard and establish a position (side mount, mount or rear mount).

1 point is awarded for each successful attempt. After 60 seconds the roles are reversed. The child with the most points wins. This will be done in a round robin format.

Although we strive to follow the rules as laid out by the IBJJF, we will be making exceptions to some of the rules. Exceptions are listed below.

<http://www.ibjjf.org/rules.htm> (link to rules)

6,7 years old (NO SUBMISSIONS) starting from a seated position with legs crossed (for safety).

6 year olds Matches are 2:00 minutes in length

7 year olds Matches are 3:00 minutes in length

Points will be awarded for specific positions, refer to the Scoring section. In the case of a child getting pinned for more than 15 seconds, the referee will give a warning for movement. **If the competitors are unable to move the children will get restarted in the seated position.** This is to not only encourage movement but to prevent the children from being frustrated with not being able to escape a position.

8,9,10 years old (Basic Submissions – Straight Armbars, Chokes) starting from standing. If the competitor is not confident with throws or falling, we recommend that teen to start on their butt.

8 year olds Matches are 3:00 minutes in length

9 year olds Matches are 3:00 minutes in length

10 year olds Matches are 3:00 minutes in length

Points will be awarded for specific positions, refer to the Scoring section. In the case of a child getting pinned for more than 20 seconds, the referee will give a warning for movement.

11,12 years old (Basic Submissions – Straight and Bent Armlocks, Chokes) starting from standing. If the competitor is not confident with throws or falling, we recommend that teen to start on their butt. 11 and 12 year olds will compete with each other in their appropriate weight class.

Matches are 4:00 minutes in length

Points will be awarded for specific positions, refer to the Scoring section. In the case of a child getting pinned for more than 10 seconds, the referee will give a warning for movement.

Ages 13 – 15 (Basic submissions allowed, please refer to [page 22](#) of the rules for a list of illegal submission or fouls). Teens will start from standing. If the competitor is not confident with throws or falling, we recommend that teen to start on their butt. 13 and 15 year olds will compete with each other in their appropriate weight class.

Matches are 4:00 minutes in length.

Points are awarded for specific positions, see Scoring section.

SCORING:

Mount 4 points
Rear Mount 4 points
Passing Guard 3 points
Takedowns 2 points
Knee on Belly 2 points
Guard Sweep 2 points

Positions must be held for 3 seconds to obtain points, after which the referee will award points. Advantages will be called. If the match does not end in submission the match will be decided on who has more points. If there is still a tie then the referee will decide the winner based on advantages. Points can only be gained by progressing to more dominant positions. Once a competitor has achieved mount they cannot collect points by going to Knee on Belly, they must go to Rear Mount for more points. Once Rear Mount is achieved then they must disengage (stand up) and start again, or reenter the guard and begin again from there.

Winners will be decided by:

Submission (ages 10-16)
Race to 16. First to receive 16 points wins
Competitor with the most points or Advantages
Disqualification due to infraction of the rules

NO GI RULES & JIU-JITSU RULES

Novice (under 9 months) BJJ are Double Elimination, all others are Single Elimination

Although we strive to follow the rules as laid out by the IBJJF, we will be making exceptions to some of the rules. Exceptions are listed below.

<http://www.ibjjf.org/rules.htm> (link to rules)

Match Length:

White Belt matches will be 4 minutes with no overtime.
Blue Belt and Executive matches will be 5 minutes with no overtime.
Purple Belt matches will be 7 minutes with no overtime.
Brown Belt matches will be 8 minutes with no overtime.
Black Belt matches will be 10 minutes with no overtime.

The referee will **NOT** give an overview of the rules, it is the competitors responsibility to review the rules themselves and bring up questions with their coach or email inquires to myackulic@arashido.com. Competitors will begin their match on their feet and then instructed to engage. As this is a grappling tournament, competitors will not be separated once the match goes to the ground unless submission occurs or time expires. Should you fall outside the ring, the ref will stop the time and

tell you to maintain your position at which point he/she will drag you back to the center and start time again. If you are not in a recognised position, the referee will restart you standing.

Weight Classes:

See Division list

Winners will be decided by:

Submission

Race to 16. First to receive 16 points wins (**Juniors and Teens only**)

Competitor with the most points at end of time or Advantages in the event of a tie

Referee Decision

Disqualification

Injury (including nose bleeds that can not be stopped)

CONTINUOUS KICKBOXING & MODIFIED MUAY THAI RULES

1. REFEREE AND OFFICIALS

1. The referee is the highest authority of the match. If the referee determines there is a lack of control, a lack of sportsmanship or a competitor is in danger or endangering others, then the referee has full authority to stop the match and disqualify one or both competitors without appeal.
2. Children and Youth Divisions will have a minimum of one center referee
3. Adult Novice Divisions will have a minimum of one center referee
4. Intermediate & Advanced Modified Muay Thai will have a minimum of two corner judges and one referee
5. Judges are volunteers and will represent various academies when possible
6. Judges will wear a traditional uniform from their club or a volunteer t-shirt with black pants

2. COMPETITORS

2.1. Competitors must be within their weight limit or they will be disqualified. Weigh-ins will take place at the venue the same day as the tournament. Competitors will weigh-in with their t-shirt, thai shorts and groin cup on. There will be no weight allowance for the uniform.

2.2. Boxing glove minimum sizes are listed below:

DIVISION	MINIMUM GLOVE SIZE
Adult Male 154.6lbs & up	16oz
Adult Male 154.5 lbs & below	14oz
Adult Female 129lbs & up	14oz
Adult Female 129lbs & below	12oz
Youth Age 13-15	12oz
Youth Age 11-12	10oz
Youth Age 9-10	8oz
Children Age 8 & under	6oz

2.3. Shin guards with foot covering are mandatory. Vinyl, leather or cloth shin protection are all acceptable.

2.4. Head protection is mandatory. (For adult intermediate & advanced divisions, competitors are required to use headgear manufactured for kickboxing or boxing. Foam headgear for these divisions is not permitted.)

2.5. Mouth protection (gum shield) is mandatory

2.6. Groin cups are mandatory for males and recommended for females.

2.7. No adhesive, rough, torn uniform or clothing or loose equipment will be permitted.

- 2.8. Protective gear shall not contain metal or hard plastic substances of any sort.
- 2.9. Competitors with long hair must tie it behind their head.
- 2.10. Fingernails must be filed properly and cut short.
- 2.11. No jewellery is permitted while competing.
- 2.12. A freshly washed shirt and shorts must be worn.
- 2.13. Loose shirts must be tucked in. If your clothing becomes bloodied or torn, you will be asked to replace it immediately or forfeit the match. All patches must be secure and free of any loose threads.

DEFINITION OF SKILL LEVELS FOR ADULT DIVISIONS IN KICKBOXING / MUAY THAI DIVISIONS

The essence of competition relies on the fairness of the contest. We encourage competitors to enroll in the division that offers the greatest challenge. Regardless of your rank in other martial arts, the time spent training in striking is most important in determining your division. By enrolling in a division that does not provide a sufficient challenge, you not only deny other competitors a fair match but yourself a chance for you to test your true abilities.

NOVICE: The Novice division is for competitors who have practiced striking for up to 1 year. Competitors in this division have a limited number of techniques. Should you not practice striking regularly, then the Novice division is appropriate for you. If you have been training for more than 1 year, have ever taught striking to others, or competed in several tournaments you do not qualify to compete in this division.

INTERMEDIATE: This division is for competitors with 1 to 3 years of experience. This division is for people that have competed in tournaments before and are comfortable with striking and basic clinch technique. Competitors should be able to move around well with good defensive and attacking skills and demonstrate a high level of control. Competitors who have previously won the Novice division must enroll in this level. Competitors with some tournament experience should enroll here.

ADVANCED: This division is for competitors with more than 3 years of experience. Competitors here are very comfortable with striking, clinch, balance and control. Individuals must possess a wide variety of techniques to attack and counter their opponents. Finesse, self-control, mental calmness and physical conditioning should be extremely present. Competitors who have competed in 6 or more tournaments, or had any kind of ring fight must enroll in this level.

3. SCORING

1. Scores will be awarded when the competitor shows:

- Control of Power and Accuracy
- Balance
- Sporting attitude
- Awareness
- Good timing
- Correct distance

2. Summary of techniques

CHILDREN & YOUTH DIVISIONS	<p><i>Simulated</i> punches/kicks to the head are allowed No contact to the head Light contact punches to the body Light contact kicks to the body Light contact kicks to the legs above the knee Clinch is allowed (no knee strikes allowed) No elbow strikes</p>
ADULT NOVICE DIVISIONS	<p><i>Simulated</i> punches/kicks to the head are allowed No contact to the head Light contact punches to the body Light contact kicks to the body Light contact kicks to the legs above the knee Clinch is allowed (no knee strikes allowed) No elbow strikes</p>
ADULT INTERMEDIATE DIVISIONS	<p>Light contact punches Light contact kicks to the body, no kicks to head Light contact kicks to the legs above the knee Clinch is allowed with light contact knees to the body Catching kicks is allowed but must immediately let go of leg No elbow strikes</p>

ADULT ADVANCED DIVISIONS	<p>Light contact punches</p> <p>Light contact kicks to the body, no kicks to head</p> <p>Light contact kicks to the legs above the knee</p> <p>Clinch is allowed with light contact knees to the body</p> <p>Sweeps / takedowns</p> <p>Catching kicks is allowed with strikes while holding leg</p> <p>Catching kicks is allowed with technical sweep/takedown</p> <p>No elbow strikes</p>
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3. All children, youth and adult novice kickboxing divisions will be double elimination. All other divisions will be single elimination. The referee will NOT give an overview of the rules. It is the competitor's responsibility to review the rules themselves and bring up questions with their coach or email inquiries to arashido@hotmail.com

4. LENGTH OF MATCHES

ALL DIVISIONS (Preliminaries & Semi-Finals)	ALL DIVISIONS (Finals)
1 round x 90 seconds	2 rounds x 1 minute

5. FOULS AND ILLEGAL TECHNIQUES

- 5.1. All striking techniques must be CONTROLLED with LIGHT CONTACT. Any intent to injure or knockout an opponent will result in a warning or immediate disqualification.
- 5.2. For ADVANCED DIVISIONS: Sweeps, takedowns or off-balancing must be executed within traditional Muay Thai rules. Any throw or takedown must emulate a kicking motion by the attacking competitor.
- 5.3. No judo throws, wrestling takedowns or trips are allowed.
- 5.4. No elbow strikes in any division
- 5.5. No striking to the joints.
- 5.6. No biting, hair pulling or eye gouging
- 5.7. No grabbing your opponents uniform or equipment
- 5.8. No techniques that involve hyper-extending joints
- 5.9. No holding your opponents head and striking.
- 5.10. No contact to the back of the head or back.
- 5.11. No uncontrolled or blind spinning techniques.
- 5.12. Competitors who intentionally demonstrate a lack of desire to engage in combat will receive a warning or a loss of points

- 5.13. Talking to, or goading the opponent, failing to obey the orders of the Referee, discourteous behaviour towards the Refereeing officials, or other breaches of etiquette.
- 5.14. For serious fouls, the first infraction results in a warning and the opponent is awarded a point. If blood is drawn then it will result in immediate disqualification. A second infraction will also result in *disqualification*